

VITAL SIGNS



VOL XII No. 5

Naval Hospital, Orlando, Florida

May 1988

1st Quarter, 1988 Award winners

Recognized for their excellence

Naval Hospital's Quarterly Award winners for the First Quarter, 1988, were honored at two separate ceremonies. On Friday, 15 April, HN Sue A. Leighton, USN, Branch Medical Clinic, NTC, received her certificate for Junior Sailor of the Quarter from CAPT Palmer. At the same time, Mrs. Barbara A. Rotruck, Nursing Services, received her certificate for Civilian of the Quarter. HM2 Marisol Nieves, USN, Staff Education and Training received her certificate for Sailor of the Quarter from CAPT Palmer on Wednesday, 20 April.

Both the Sailor of the Quarter and Junior Sailor of the Quarter received a Savings Bond from the Chief Petty Officers' Association, a special pass for
(See Page 2)



HM2 Marisol Nieves, USN



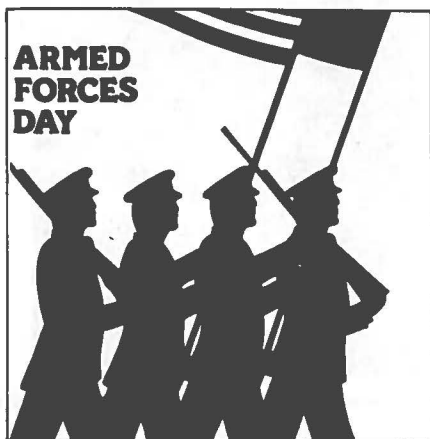
HN Sue A. Leighton, USN



Mrs. Barbara A. Rotruck

A 4.0 Recruiter

CAPT J. M. Ricciardi, MC, USN, Medical Director, received a high honor from the Navy Recruiting Command on 13 April when he received a Letter of Commendation and First Gold Wreath Award from the Commanding Officer, Navy Recruiting District, Jacksonville. CAPT Ricciardi assists the Recruiting District by interviewing prospective Medical Corps officers. The letter read in part: "... The Gold Wreath Award for Excellence is presented to you with utmost pride and pleasure. The criteria for selecting individuals to receive the Gold Wreath for Excellence are extremely stringent and, as such, identify only those Navy Recruiting Command personnel who are truly top performers ... You should be justly proud to wear the Gold Wreath, for it identifies you as one who represents the epitome of achievement and involvement. Well Done!"

21 May 1988**American Red Cross****Volunteer hours****for April - 1,629****Volunteers of the Month**

Mr. and Mrs. John Setaro are the Red Cross Volunteers for the month of May. John has five years of volunteer service and works Monday mornings on the Information Desk. Lucy has nine years of volunteer service and works at the Eye Clinic Kiosk on Monday mornings.

Award winners (Continued)

Wet-and-Wild from the Non Commissioned Officers' Association, and a nice check from the Oak Leaf Club.

Mrs. Rotruck received a Naval Hospital plaque and a certificate for dinner for two at a local restaurant from the Civilian Welfare and Recreation Association, which was presented by Mrs. Gwen Bigham, Chairman.

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**Vital
Signs**

STETH - O - SCOOP

By HM1 William P. Macchi, USN



Can you top these sea stories?

HMC David Petty, LCPO, Physical Exams, BMC: "Being a person who was born and raised in a small town in southwestern Texas, I've taken a lot of hard roads on my way to becoming THE Chief in the Navy. Before I got to bootcamp, I'd never even worn a pair of lace-up shoes. I wasn't very worldly. The second day of bootcamp, we were introduced to our CC. He wrote his name on the chalkboard and for the next week I referred to him as Ski Jose. He finally pointed out to me my mistake. It was SK1 Jose. Our relationship was off to a roaring start. I remember standing in formation hearing my shipmates' names called out and everyone answering in return. Some guy by the name of "Peety" never answered for three days. I thought, "Poor guy!"

Finally, the CC asked if anyone had not had his name called and I raised my hand. That's when I found out I was "SR Peety" and I had been marked UA for three days! People outside Texas sure do talk funny! Another story is the day I learned about "colors." I was resting on a laundry cart one morning when a company adjutant walked by and asked if I hadn't heard colors. I told him, with as much respect as I could, that where I came from we saw colors not heard them! I learned!"



Ms Sandi Bragg, Quality Assurance: "When I was a Company Commander, I got used to seeing all kinds of things happen. One day, I was walking in front of the female barracks and I saw this ditty bag come flying off the roof of the three-story barracks. Then I saw a female recruit standing up there

ready to jump. Trying to keep my own composure, I said, 'Come down here -- and we'll talk!' Not until later did I realize what I had said. Anyway, she didn't jump!"

YN2 Raymond Hull, Manpower Management Dept: "I was a young E-3 and missed the last launch back to the ship from Portsmouth, England. This meant I had to wait 'til the next day. Unfortunately, I was the only one riding the boat back the next morning. As I approached the ship, I



saw the XO waiting for me. He signalled me to report to his office. When I got there, he said: 'Hull, I don't know how you do it -- you go out there in your raggedy civilian clothes and get lucky. I'm a full Commander and I had a lousy liberty! Now, get the & out of here and back to work!'"

Staff Journal

Awards Ceremony of 20 April



LT James R. Lewis, NC, USN, Quality Assurance Unit, received the Navy Achievement Medal from CAPT Palmer. The medal was for his ... "meritorious service in the superior performance of his duties while serving as Assistant Charge Nurse, Emergency Medical Department, Naval Hospital, Millington ..."



HM1 Debra L. Duncan, USN, Nursing Services, received the Navy Achievement Medal for her meritorious service which led to her selection as Sailor of the Year, Naval Hospital Orlando and Naval Medical Command, Southeast Region. CAPT Palmer also presented a Letter of Commendation from Commander, Naval Medical Command in recognition of her nomination for Naval Medical Command's Shore Sailor of the Year.



HM3 Gregory J. Pettaway, USN, Nursing Services, received his First Good Conduct Medal.



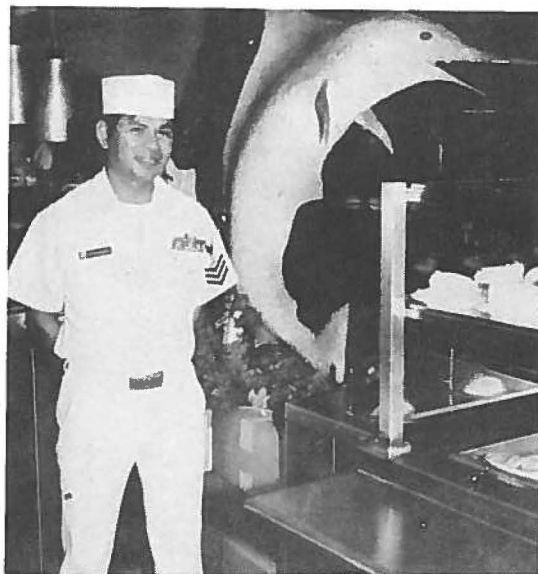
HM2 Luis Rodriguez, USN, Branch Medical Clinic, NTC, received a Certificate of Appreciation from the Non Commissioned Officers' Association and the Joseph P. Kennedy Jr. Foundation for his assistance during the Special Olympics.



LTJG Leah G. Daniels, NC, USNR, Nursing Services, received a Letter of Appreciation from CAPT A. M. Redo, NC, USN, Director for Nursing Services, on 26 April. LTJG Daniels has since been released from active duty.



It's hard to see but those are SRB checks being displayed! 15 April was reenlistment day for HM2 William Crissman, on the left, and HM2 James Hedrick, both from the Laboratory Department. To make it an even happier occasion, CAPT Michael L. Pratt, MSC, USN, Commanding Officer of Naval Drug Laboratory, Jacksonville, made a special trip to Naval Hospital Orlando to reenlist his two former staff members. CAPT Pratt was the Laboratory Officer here prior to his present assignment. Note that HM2 Crissman's wife, Tracy, is holding the check!



Artistry in the Galley! Can you believe this beautiful, flying sword fish is made out of cardboard and mashed potatoes? The artist is MS1 Froilan R. Fernandez, USN, from the Naval Training Station's Galley One. We're sorry this picture is not in color ... the fish was colored with food dye and was a beautiful blue-green. Petty Officer Fernandez can display his works of art in our Galley, anytime!



25 April was "Good Conduct Day" in the Laboratory. HM2 Perry Wood, USN, received this third Good Conduct Award from LCDR Louis S. Sarbeck, MC, USNR, Head of the Department ...



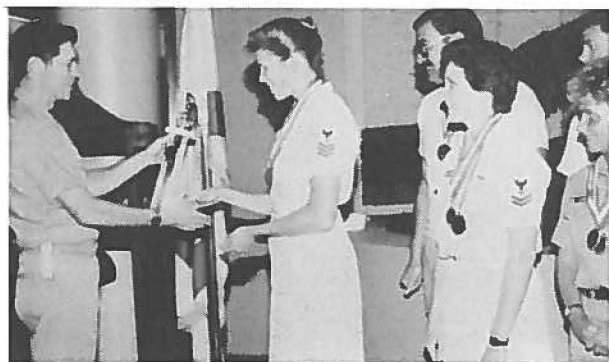
... and HM3 Gregory McGilvery, USN, received his Second Good Conduct Award.



A retirement ceremony was held for HMC Joseph S. Nejman, USN, at the Branch Medical Clinic, NTC, on 28 April. Chief Nejman received a Letter of Commendation from CAPT Palmer and a beautiful shadow-box from HMCM H. T. Carley, who presented on behalf of the CPO Association. The Chief is departing on separation leave to go to Philadelphia where he and his twin brother, HMC John Nejman, will have a dual retirement ceremony.



Naval Hospital Orlando's Swim Team happily show off their medals and trophy from the NTC Spring Invitational Swim Meet held in April. From left to right: HM1 Donald McKenzie; LTJG Stephan D. Brown, NC; HM1 Nannette Gaston (Captain); HM2 Debra Mortland, and LT Katherine Summers. The team took second place and won 10 individual events and one relay.



Petty Officer Gaston presented the trophy to CAPT Palmer on 14 April so it can be displayed in the official trophy case.



HM1 Scott McDonald, USN, Laboratory Department, received his Second Good Conduct Award from LCDR Sarbeck on 29 April.



This dedicated group of staff members received a personal memorandum from the Commanding Officer, CAPT Palmer, on 29 April to express his appreciation for their efforts in performing the HIV screening for all the military staff. Left to right, front row: HM2 Marisol Nieves, HM2 Margaret Williams, and HM2 Eleanor Mercurio. Back row: HM1 William Crissman, HN Patrick Homminga, HM3 Gregory McGilvery, and HM2 Ramon Espelta. CDR Bruce P. Rand, MSC, USN, Laboratory Officer, also received a personal memorandum for his coordination of this major project. LCDR Sarbeck made the presentations on behalf of CAPT Palmer. Not present for the ceremony were HM3 Barry Downing and HM2 Mikal Zakat.



LT Ronald D. Whipple, MSC, USNR, Special Projects Officer, received a Letter of Commendation from CAPT Palmer on 29 April as he prepared to transfer to Naval Hospital Branch Clinic, Naval Air Station, Glenview, where he will assume the duties as Officer in Charge.



A firm handshake of congratulations for LTJG Walter P. Ruggles, MSC, USNR, after CAPT Palmer had pinned on the shiny silver bar. The frocking ceremony was held on 2 May.



Mr. Joseph L. Kee, Jr., Foreman, Transportation Division, received an Outstanding Performance Award from LCDR R. J. Carroll, MSC, USN, Director for Administration, on 4 May.

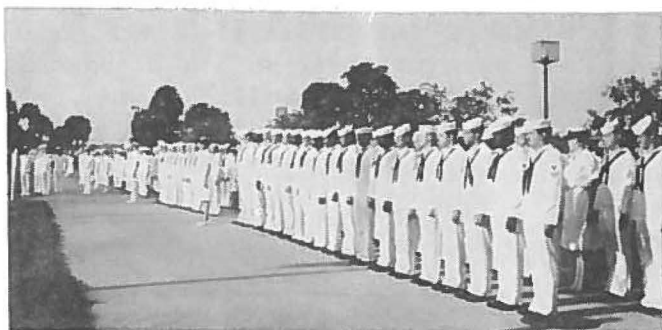


LTJG Michael S. Schaffer, MSC, USNR, accepts congratulations from LCDR Carroll after receiving his new silver bar on 9 May.



ENS Schleurious L. Gaiter, CEC, USNR, accepts congratulations from CDR D. G. Daniel, MSC, USN, Acting Commanding Officer, after his appointment as command Bull Ensign on 9 May.

Personnel Inspection - 6 May



On the line



CAPT Gay and CAPT Ricciardi



CAPT Redo and CDR Daniel



LT Leonelli and CAPT Palmer

Annual ARC Luncheon held

The Annual American Red Cross Volunteer Recognition Luncheon was held Tuesday, 3 May at the NTC Officers' Club. Recognition of the newest group of volunteers was made by Mr. Bill Bischoff, who is the Training Chairman, followed by the presentations of the yearly awards. CDR D. G. Daniel, MSC, USN, Executive Officer, presented pins to the 1 to 7 year group; CAPT A. M. Redo, NC, USN, Director for Nursing Service, presented the pins to the 8 to 19 year group; and CAPT D. D. Palmer, MSC, USN, Commanding Officer, presented the pins for the 20 to 36 year group. Those singled out for special recognition were Bill and Dee Bischoff for outstanding service; Polly Harris for 556 hours of service; Mary Potter for 569 hours, Pat Dicus for 583 hours, and Marvin Greenstein for 1,005 hours. Mrs. Ann Maxwell recognized the special service groups who do so much for the hospital and Mrs. Pat Dicus recognized all those who have been selected as Volunteers of the Month for the Vital Signs. Mrs. Jerry Pullen, the Secretary for the NTC, ARC office, received best wishes from all those present on her approaching retirement 1 June. Mrs. Pullen has worked there for twenty years. The high point of the luncheon was when Mr. Mark A. Price, the Station Manager for the ARC, made a surprise presentation of the Clara Barton Award to Mrs. Pat Dicus. The award, with citation and medal, is the highest award that is given by the American Red Cross.



Mrs. Carrie Katsos (on left) and Mrs. Jerry McKittrick received 30 year pins from CAPT Palmer.



CAPT Palmer presented a 36 year pin to Mrs. Berlene Hoffman.



Mr. and Mrs. Bill Bischoff received a special recognition award from Mrs. Pat Dicus.



Mrs. Pat Dicus received the Clara Barton Award from Mr. Mark A. Price.



CAREER COUNSELOR'S CORNER

HM1 Thomas A. Gaston, USN

Spouse Duty

It is very important for married military couples to plan ahead and to know procedures for requesting duty together.

1. Couples requesting duty together must be married.
2. Applicants should not wait until they have received orders to notify NMPC of a marriage. NMPC should be notified of the new status immediately.
3. Military couples desiring assignment together must submit separate, new duty preference forms. Military couple status and spouse's name, rate, and social security number must be noted.
4. The requesting member must have completed one year on board current duty station.
5. Requesting member must have sufficient obligated service remaining to complete a minimum tour.
6. An authorized billet for which he or she is qualified must be available.
7. There are no provisions for assignment of duty near a civilian spouse.

If reassignment of applicant to same area as spouse isn't feasible and spouse's reassignment is not desired (or also not feasible), the following options are available:

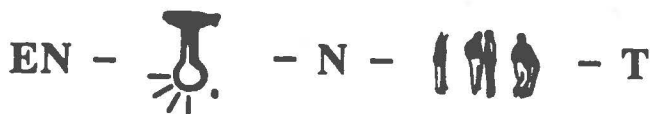
1. Resubmission within six months.
2. Assignment to nearest available requirement within area of spouse's present assignment. The applicant must serve a minimum 24-month tour at the activity (even if a billet nearer to spouse's duty station became available).
3. Detailers will make PRD adjustments for each member whenever possible.

The detailer uses an Enlisted Assignment Document (EAD) when writing your orders. The EAD reflects your duty preferences and service record info, so it is very important to keep all records up-to-date. The detailers work together so you can be assured that every effort will be made to reach agreement on spouse duty assignments. Any questions, see your Enlisted Advisor or me.

Leadership

By HN Phillip E. Oyler, USN

I recently did a research project on "Leadership" and HMCM McColligan has asked me to share some of the information I found. There are basically three types of people: those who make things happen; those who watch things happen; and those who don't know what's happening! The petty officers of the Navy are the ones who make things happen. They are leaders. Upon the first day of military training, each individual is given the same information to make proper advancements throughout their military career. But, it is up to each individual to choose his or her own path. When you accept advancement in rate, you have expressed a willingness to accept the responsibilities and carry out the delegated authority of your new position. The personal qualities of a leader are: (1) High standards of performance: anything worth doing is worth doing right. (2) Moral courage: a leader must stand up for what is right. (3) Dedication to the United States Navy and the nation: a leader should be a part of the USN and be proud to be called American. (4) Envious example: the petty officer in the role of a leader must set an example that is above reproach. (5) Initiative: an inward desire within an individual that motivates that person to excel. (6) Loyalty to the chain of command: remaining faithful to the chain of command. And (7) Accountability: the quality that forms the cornerstone of leadership. Exercise of authority is inseparable from an acceptance of responsibility; this authority is granted only to help you fulfill your assigned duties and responsibilities. Your responsibilities will extend both up and down the chain of command and you will regularly and continually be responsible for training. You will also have the additional responsibility of working in coordination with others. As your responsibilities increase, your ability to communicate clearly and effectively must also increase. You will have the increased responsibility of keeping up with new developments. While I was working on this project, I learned many new ideas to apply towards my job ... the Navy has benefited, the command has benefited, and I have benefited ... I hope you have too!



By HM1 Anthony White, USN



CIVIL LIFE

By Ms Joyce Lockwood



Why not try it sober for a change?

Alcoholism can be fatal, whether one dies in the hospital or becomes an accident fatality. The following are some advantages of living life sober:

You can remember what you have done. (You won't have to look in your wallet to see if you had a good time!)

You can face your friends and family in the morning without having to wonder whether you've done something you'd regret.

You'll have more money for things like bills, furniture, clothes, dinner out, tours, and gifts.

You may even experience a payday with a few dollars left over from the last pay period.

You will sound as intelligent to others as you sound to yourself.

You may enjoy a large party or a picnic where everyone has a good time; no one's feelings are hurt, there are no fights, and Security is not needed to keep order.

You won't have to explain to your child's teacher why your child thought beer was a good example of a major food group.

You may notice how much higher your bowling average is when you are as sober during the third game as you were during the first.

You may also discover how many "sea stories" you can tell without having to take a drink first.

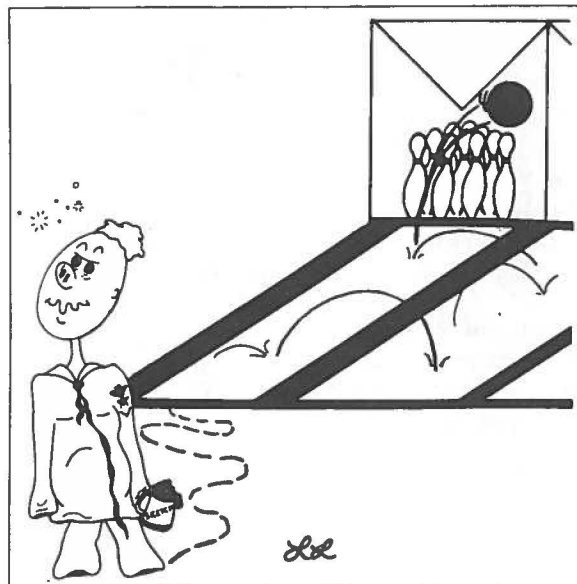
This n' that

SPRING BRUNCH LUNCH

Mark your lunch calendar for 18 May. CWRA is sponsoring another delightful "25¢-A-DIP" luncheon from 1100 to 1300. The luncheon will be served at Truran Memorial Park (next to Building 501). There will be lots of good food and great company. The "25¢-A-DIP" luncheons have always been one of the biggest, most successful, and favorite CWRA sponsored activities for Naval Hospital Orlando staff. Don't miss this one! The variety of food is only surpassed by its excellence!

CWRA MEETINGS

The CWRA Board of Directors and Members meet every second Tuesday of the month. The meetings are usually held in the Lawson Room at 1300. There is always a POD announcement prior to the meeting to firm up the time and place. The meetings are open to all civilian employees. Take the time to attend ... fresh ideas are always welcome.





CHAPLAIN'S

COMMENTS

By LT Patrick R. Applegate, CHC, USNR

A look back ...

My transfer time is approaching and as I reflect upon these last 2½ years, I thought that I would share with you a brief description of what a chaplain's day is like. The day begins with the morning meeting with the Executive Committee and is often followed by another meeting. Next a visit to the wards focusing on those individuals with special needs. After that, I like to make a general visit to the rest of the work areas of the command. I then return to the office for counseling sessions, arranging worship services, Bible studies, and I try to attend all command ceremonies. The afternoon includes visits to patients and staff. Time is spent each day in various meetings and committees, i.e. Rape/Sexual Assault, Spouse Abuse, Child Abuse, Protection of Human Subjects, the Biomedical Ethics, Discharge Planning Committees; and ARD providing Spirituality group and counseling sessions. In addition to the 4 - 5 Bible studies a week, I also provide religious education materials to those interested staff and patients. I am supported by one RP and currently three Reserve chaplains. I respond to "Code Blue" and I get involved when a SL/VSL or death occurs. I write articles, run the directorate, respond to the region and MEDCOM's chaplain requests. I stand a chaplain's watch with the base chaplains that covers all of Central Florida. I assist the CACO officer and, sadly, often make death notifications to family members at NTC and our own command. I report directly to the Executive Officer and our Captain is kept informed of all matters involving morale. I also assist in special projects involving volunteers. I do weddings, funerals, memorials, and baptisms (not necessarily in that order!). The list goes on and on -- but what is most important is that the chaplain is there to help. God bless.

Have you ever met our "partners?"

The "Partnership Program" was begun at Naval Hospital Orlando over two and one-half years ago, operating within the Family Practice Clinic. Unless you have had direct contact with the Program, you might be wondering who are they and what are they doing. They are health care providers, paid for by CHAMPUS, and they are here to provide continuing, comprehensive health care for all retired beneficiaries and their dependents. Their well-organized unit is staffed by: Dr. William E. Braun, Dr. Christopher Conavay, Skip Repass, PA, and Steve Horne, PA. In addition, they have their own registered nurse, a medical assistant for each practitioner, a typist, and a computer operator/insurance technician. The physicians are Board Certified and the PA's are certified in Family Practice.

The providers have clinical and hospital privileges at Naval Hospital Orlando and have been fully credentialed. The thrust of their practice is to prevent disease, if possible, by modifying lifestyle and education; by detecting disease early if it develops, and by recognizing and treating it effectively even if advanced. They see patients beginning at 0800 and stay until they are finished which is usually around 1630 to 1700. The doctors and PAs work alternate days at the hospital and at their Winter Park office; their clinic is not only staffed Monday through Friday, but on Saturday mornings, as well. They stand their own watches and have not had to rely on a military provider to see any of their patients after hours since they have begun working here.

The dedicated, industrious members of this staff have truly been our "partners." They have contributed immeasurably to the welfare of our patients and given a large helping hand to the hospital staff providing quality care to a very large patient population.

From the Skipper

STRAIGHT TALK

CAPT D. D. Palmer

Summer Turmoil

This is the time of year when major changes are being made in the NHO staff. Old friends and shipmates leave and many new faces appear throughout the hospital. Yes, we will miss the departing staff, but my main reason for this article is to talk about our newly arrived staff and their assimilation into the command structure.

First, let's address the new Hospital Corps School graduates and other junior enlisted arriving for duty. These young men and women need all the guidance and understanding we can provide as they adjust to their new environment. True, the large numbers arriving have put serious strains upon the BEQ. It is bursting at the seams. But, don't you old timers let that be a source of resentment against these individuals. Things will get back to normal as others depart or decide to move ashore. Give them a break -- they will be old timers in a short while.

Second, as new senior personnel arrive, turmoil in the organization occurs. Perhaps a new HM1 is assigned to a department that an HM2 has been running for the past six months. Or, a new physician takes over as Department Head. It is the Navy way. The junior must show the newcomer the ropes and then relinquish the job to him or her. Don't cause problems for the new officer or petty officer. They are having a hard enough time learning the new job as it is. Both must be sensitive to the feelings and frustrations of the other.

You get my point. NHO has been widely known as one of the finest duty stations in the Navy. Not only because of the location and fine facilities, but more so, for the camaraderie and quality of the staff. Let's work to keep it that way.

Command Master Chief's

"DOC" - 9 - LINE

By HMCM L. McColligan, USN

One of the things we preach about most in the military is leadership and setting an example. With Father's Day coming up in June, I would like to share this poem with you. This is looking at leadership and example from a different perspective!

Like His Dad

Well, what are you going to be, my boy,
When you have reached manhood's years;
A doctor, a lawyer, or actor great,
Moving throngs to laughter and tears?
But he shook his head, as he gave his
reply,
In a serious way he had;
I don't think I'd care to be any of them.
I want to be like my dad!

He wants to be like his dad! You men,
Did you ever think, as you pause,
That the boy who watches your every move
Is building a set of laws?
He's molding a life you're the model for,
And whether it's good or bad,
Depends on the kind of examples set
For the boy who'd be like his dad.

Would you have him go everywhere you go?
Have him do just the things you do?
And see everything that your eyes behold,
And woo all the gods you woo?
When you see the devotion that shines in
the eyes
Of your lovable little lad,
Could you rest content if he gets his
wish
And grows up to be like dad?

It's a job that none for yourself can
fill;
It's a charge you must answer for;
It's a duty to show him the road to tread
Ere he reaches his manhood's door.
It's a debt you owe for the greatest joy
On this old earth to be had;
This pleasure of having a boy to raise
Who wants to be like his Dad!

Author Unknown